

Brandon Valley Lynx

Cross Country Parents' Guide 2025



Table of Contents:

Meeting, Meal and Volunteering Dates to Remember.....	Page 3
Gifts/Fees.....	Page 4
Volunteering Opportunities.....	Page 4
Equipment Considerations.....	Page 5
Sports Physicals reminder.....	Page 5
Receiving Communications About Cross Country.....	Page 5
Frequently Asked Questions.....	Page 6
Booster Contact Information.....	Page 7

Dates to Remember

Fall sports meeting is Monday August 4th @ 6:30 at the High School Activities Center (This is for all Middle School and High School athletes and parents)

1st day of H.S. Practice is Monday August 11th @ 3:30 at the High School.
Meet in the commons.

Middle School Practice officially begins August 20, but middle schoolers are welcome to run with the high school when they start on August 11th at 3:30 p.m.

The schedules for both boys and girls Varsity, JV and Middle School can be found on the Cross Country Website at <https://www.bvlynx.org/crosscountryboys-home>. (This is the link the boosters gave us even though our site is for both boys and girls.)

Other dates to remember:

SAT 9-13 LYNX INVITE / Picnic / Senior Day 9:30 a.m McHardy Park

Senior Recognition will be held at this meet.

Lynx Invite Picnic is held at McHardy Park after this meet. Each grade will have a food assignment:

- Families with last names starting with A-M, please bring dessert.
- Families with last names starting N-Z, please bring fruit or salad.
- Boosters provide hot dogs, buns, chips, plates, utensils, napkins and condiments. Bring your own beverages.

Friday 10-10 Team Meal* 4:30 p.m. High School Commons

*Middle School, Junior Varsity and Varsity runners are welcome to attend. Parents don't typically eat but can volunteer for the opportunity to help. A signup will be sent out later in the season via email. Please send a dessert if you are able.

MON 11-3 AWARDS DINNER 6:30 p.m. High School Commons

This is for MS, JV and Varsity runners and their families. Families are asked to bring a potluck dish. Boosters provide drinks, plates, cups, utensils, and napkins. Printed photos from the year will be available to take home.

Gifts/Fees:

Equipment:

- Runners need good running shoes. Spike shoes can be helpful as well for JV and varsity runners in meets (spikes are not allowed at metro middle school meets). Coaches can recommend a brand, or have your runner check with the upperclassmen. Most runners use the same spike shoes they use in track, but others use cross country spike shoes which are longer and a different shape than track spike shoes. The spikes can be swapped out with the supply Coach Thoreson usually brings to meets. Spike shoes run out quickly in Sioux Falls, so start early or order online! Coach also keeps a supply of retired spike shoes if your runner is interested in recycling or trying a pair that has a few miles.
- Uniforms are handed out for runners of all ages. It's a good idea to have black running tights and/or a long-sleeved running shirt to go under tank tops when it's cold. All gear worn under uniforms must be black. This helps the team look unified (and makes our kids easy to find).
- Runners will also want to have a waterproof jacket and warm up pants for meets.
- Many runners have jugs or large bottles for water.

Sports physicals and Registration:

Students need a sports physical before they can participate in practice. Students will also need to be registered through the BOUND website, this cannot be done through the BOUND app. When registering you will be required to upload a copy of the athlete's physical form. Forms and instructions on how to register your athlete in Bound can be found [online](#) on the BVHS website, picked up in the school office or are available at Brandon clinics. Both Brandon medical clinics give sports physicals by appointment.

Communication:

The best way to receive Cross Country messages is to sign up for the Band app. Updates will be sent out throughout the year as well as volunteering opportunities. Information will be available at the fall sports meeting.

Mr. Putnam's website is also a good source of information: <https://sites.google.com/k12.sd.us/mr-putnams-website/home-page>

The Brandon Valley Lynx Cross Country Facebook Page features team news, results and LOTS of photos! Parents are encouraged to submit photos to Jen McKeown - we need help showcasing ALL of the athletes from middle school, JV and Varsity! Here's the link: www.facebook.com/BrandonValleyLynxXC

Information can also be found at <https://www.bvlynx.org/page/show/7354268-parent-athlete-information-page>.

What are meets like?

Where do they run and where can I cheer?

The courses usually run along grass and are marked out with paint, ropes, or fencing. Runners sometimes run in a big group, so it's not safe to stand too close to the lines. Some parents pick a spot, cheer as runners run by, then move to a different spot to cheer. Coach Putnam usually sends a course map out prior to each meet. You can cheer from anywhere along the course as long as you don't impede the runners. Be sure to stay behind any ropes or flags and leave plenty of room for the runners to pass by. It's

great if you can learn the other BV runners' names so you can cheer them on too. Many say the encouragement helps! Crossing the course where they run is okay as long as you don't impede the runners - **so look both ways!**

How far do they run?

There are usually several races at a meet. It is a group start and courses are anywhere from 3K to 5K depending on whether the runners are running Middle School, JV or Varsity.

At many courses, such as BV's own McHardy Park, runners will run the same route more than once to get the distance they need.

Where can I find my runner and where do I drop off snacks?

Teams typically gather in a "camp" and Brandon Valley has a banner that marks their camp. This is where snacks can be dropped off and you can find your athlete before or after they race.

Results

Results of many JV and Varsity races are posted by a timing company such as Dakota Timing. A Google search of the meet's official name with the word "results" can usually locate the correct link as long as it's being timed and published. Middle school race results (and high school) are usually available from the coach or on Athletic Net a couple days after the meet: <https://www.athletic.net/team/55762/cross-country/2023>

Photos

Photos will be posted on our Lynx Facebook page and available in a Google Drive after the end-of-the-year banquet.

Ask a Booster! Contact Information for Booster Reps

If you have questions about anything during the season, don't hesitate to contact your Booster Reps.

Boys:

Jen and Chris McKeown (12):

Jen: (605) 310-8606 (photo submissions for Facebook) | jjwahle@hotmail.com

Chris: (605) 310-8617 | chris_mckeown@icloud.com

Joe and Amy Spahr (11):

Joe: (605) 988-4337 | joespahr75@hotmail.com

Amy: (605) 940-7453 | amyspahr82@gmail.com

Jerry and Susan Kyte (10):

Jerry: jlkyte@live.com

Susan: (605) 770-5414 | susankyte3@gmail.com

Scott and Christy Mischke (9):

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Scott: (612) 599-1210 | scott.mischke@gmail.com

Girls:

Tara and Kory Scholten (12):

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Kelly Bergan (11): (507) 828-5435 | bergankelly@gmail.com

Jenni Brendsel (10): (605) 359-5159 | jennibrendsel@yahoo.com

Becca and Andy Gilbert (9):

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Andrew: (605) 376-4591 | avgilbert@outlook.com